



**night
shift**



YOU'RE "IN THE ARMY NOW"—you, along with all the men and women who must be on the job 24 hours a day, 7 days a week.

It's no push-button job, manning afternoon and night shifts. You can handle this man-size job if you know the score. . . . if you know what it takes to keep you healthy. Your employer has new responsibilities to you, to the Nation. And you owe it to yourself, your fellow-workers, and your country to keep fit.

Fatigue is the biggest threat to fitness—especially if you work the night shift. Fatigue puts the brakes



on production, keeps you in low-gear. Just as bad—if you're tired, you're off guard, more apt to be careless. Your fatigue becomes a silent partner in Accidents, Incorporated. *When you're tired, you're liable to get hurt worse and more often than when you're alert.*

Slow Stealthy Silence is one of the most dangerous things about fatigue. Your muscles won't ring a bell when they pass the safety limit of accurate control. Maybe your eyes get heavy, or your fingers begin to fumble, or your back begins to ache. . . . These are warning signals: *Accidents ahead!*

Your First Job is to take care of yourself, to see that fatigue doesn't knock you out. Plenty of rest is what you need—especially if you're on the night shift. If you find it hard to sleep in the daytime you'll only wear yourself out if you prowls around the house. If you wake up and can't sleep, don't fret. Relax for the same length of time you meant to sleep, because the regularity of your rest is the next best thing to sleep.

Tiredness has a way of piling up slowly for weeks, until one little thing will trip you up, throw you for a

loss. *If you're on the night shift, you need all the sleep and rest you can get.*

Eating Breakfast at Suppertime while working nights can upset you, unless you eat at regular hours all the time. Besides regular mealtimes, you need the right food and enough of it. Three square meals a day, every day, so that each week includes plenty of fruits and cooked cereals, more green vegetables, more meat, fish, cheese, eggs, butter, and milk—is a personal "victory program" for you.

Take your time. Grabbing a bite on the run will give you indigestion. If you make a habit of hurrying or if you're one of those elevator eaters—sending down a new load of food every minute—your stomach has to work overtime. *Eat right.*

Assembly Lines and Clothes Lines Get Tangled. More women with home duties are working. Many of them work nights, then leave the factory to go home and start another job: cooking, cleaning house, washing clothes. It's common sense that you can't hold down two full-time jobs and do both right. If you are a married woman, especially a mother, who tries to take care of home duties *and* a job you'll quickly wear yourself out.



Housework is Work,

and the families of working women should share the job. Little fussy tasks around the house can wait. The three R's for women who work should be Rest, Relaxation, Recreation.

Swinging From Day Shift this week to night shift next, puts you on a pendulum schedule. But your body is not a clock. You can't change eating and sleeping habits that fast without paying the dangerous price of tiredness, lowered resistance, and time lost from work.

Shifts should not be rotated more often than every two or three months. This gives you a chance to "roll with the punch"—to get used to new hours and new conditions.



Rest Pauses of 5 to 15 minutes, at the one-quarter and again at the three-quarter mark of each shift, helps to "keep 'em rolling." Noisy machinery quiet—milk and sandwiches handy—everybody feels a hundred percent better. And people who feel better, work better. All work and no pause keeps production in low gear. Besides the daily rest pause, each worker needs 1 day off each week, and at least 1 week off each year.

Good Lighting. Poor light on the job makes dark corners, and dark corners start accidents. Too much light, and in the wrong place, throws a glare as bad for a man as staring into the sun. Small bulbs can be replaced by bigger ones; big lights, in the wrong place, can be moved or shaded. *Safeguard eyesight with the proper light.*

Graveyard Shift—that's what they used to call the night shift. But we know that working nights never hurt a healthy man unless he and his employer neglected to recognize the hazards of night work and didn't prevent them.

**Good Health and a Healthy Workshop
Keep You in High Gear for Victory**



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